

Sukhavati Ayurvedic Retreat & Spa

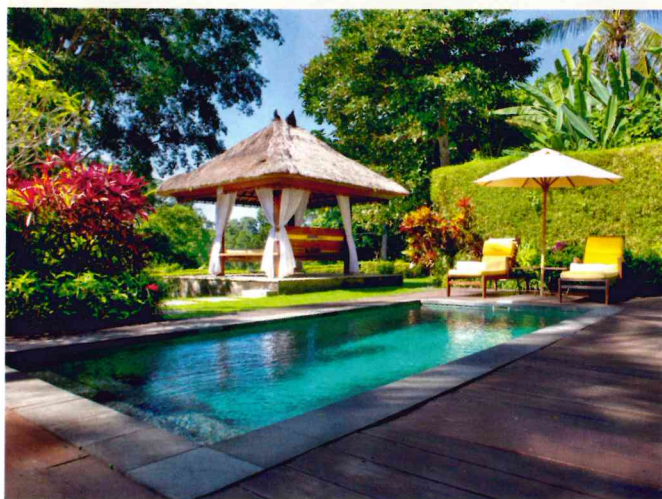
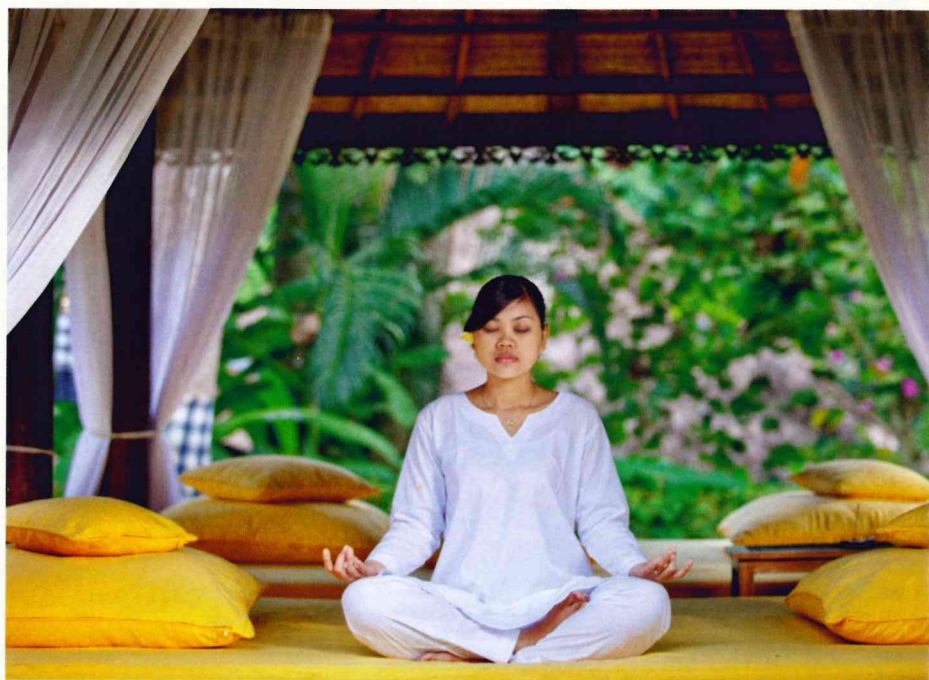
W: www.sukhavatibali.com

Take time out from your busy lifestyle, refocus and enjoy a unique experience of rejuvenation and detoxification for your mind and body at Sukhavati Ayurvedic Retreat & Spa in Bali.

THE SUKHAVATI ESTATE

Sukhavati Ayurvedic Retreat & Spa captures the true essence of Bali. Located on a private estate in a small Balinese village, it is a place of tranquil silence and relaxation.

The Sukhavati Estate hosts six luxurious private villas where you can enjoy modern Balinese surroundings, marble floors, thatched roofs and elegant outdoor bathrooms. Each villa is beautifully furnished, contains a king-sized bed and flat-screen TV and is complemented by a private breakfast balcony area offering tranquil views of the surrounding estate. For added luxury and privacy, you can choose from one of two villas with private pools.



When staying at Sukhavati you have access to all estate facilities including a salt-water swimming pool, an open-air dining and entertainment pavilion, a yoga pavilion and a meditation pavilion, along with the Ayurvedic treatment and spa clinic.

Sukhavati Ayurvedic Retreat & Spa has 28 wonderful Balinese staff who are dedicated to providing impeccable service to make your stay as comfortable and relaxing as possible.

AYURVEDIC REJUVENATION PROGRAM

Sukhavati's primary approach to health and detoxification is Ayurveda, a system of healing that originated in India thousands of years

ago. Ayurveda focuses on the prevention of illness and creates rejuvenation of the mind and the body.

Sukhavati has developed a unique all-inclusive Ayurvedic rejuvenation program combining revitalising Ayurvedic therapies, diet, yoga and meditation to help bring balance, energy and peace to your entire being.

The Ayurvedic rejuvenation program aims to restore constitutional balance; reverse the negative effects of stress; enhance strength and energy; regulate sleep patterns;

promote weight loss; assist in normalising blood pressure; and enhance vitality and mental clarity.

At the beginning of each program, guests will receive a detailed consultation with one of our Ayurvedic physicians, who will create a personally designed treatment program to rejuvenate the whole system, detoxify the body and relax the mind.

Within the treatment program you will also experience *Panchakarma*, one of the most primary and essential detoxification and purification treatments of Ayurveda. *Panchakarma* removes deep-rooted stress that accumulates over time, which can lead to illness or imbalance in the body.

Guests receive two hours of spa treatments daily – including a gentle, nourishing and synchronised massage by two trained Ayurvedic technicians – along with other, more specific, Ayurvedic treatments such as a *Pizzichilli*, *Shirodhara* or *Swedana*.

Yoga and meditation sessions are held in the morning and afternoon to enhance relaxation, balance and cleansing, and to offer a more profound experience to help you develop a greater sense of inner peace and good health. If you wish to learn to meditate, the Success Without Stress meditation program is available whenever meditation teacher Steve Griffith is in residence.

Enjoy the opportunity to attend talks by an Ayurvedic doctor on Ayurveda, wellbeing, lifestyle, daily routine and diet. These seminars will allow you to develop your understanding of how to create and maintain perfect health.

Good food is an essential part of the rejuvenation program and Sukhavati's gourmet chefs provide a beautiful range of specialised Ayurvedic dishes for breakfast, lunch and dinner, as well as various fresh juices and herbal teas.

The authentic Ayurvedic rejuvenation program will set you on your path towards perfect health and have you returning home feeling relaxed and rejuvenated.

T: (03) 9499 8099

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